

ADMINISTRATIVE-INTERNAL USE ONLY

Approved For Release 2002/02/11 : CIA-RDP78-05077A000100100007-5

8 June 1973

MEMORANDUM FOR: Director of Medical Services

SUBJECT : Smokers' Withdrawal Clinic #2

1. PSS, in cooperation with the Clinical Division, is conducting a second Smokers' Withdrawal Clinic at the Chamber of Commerce Building, June 11-15, 1973. Enrollees are 13 Agency employees in this building who had expressed interest in response to either the survey which preceded the first clinic in August, 1972, or a more recent canvass.

2. The program for the second clinic follows closely in format and substance the earlier running. Pre- and post-lung capacity tests are scheduled. Enrollees will meet in group lunch-hour sessions from 11:30 to 1:30 for five days. Sessions will consist of group discussion, films, and presentations by physicians, psychologists, and a nutritionist on the relationships between smoking and health, emphasizing habit substitution and attitude change through re-learning. Talks by successful participants in the first clinic will be included.

3. An 8-month follow-up of the first group reveals that seven of the 13 surviving graduates were still off cigarettes completely. Four reported smoking less than before, while two had resumed normal smoking habits.

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4. Dr. [REDACTED] of PSS is supervising the program, with Dr. [REDACTED] contributing the input from the Clinical Division.

STATINTL

[REDACTED]
Chief, Psychological Services Staff
Office of Medical Services

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